

# James Brown, MCGB

## Easy spring lamb shanks on mustard mash with redcurrant gravy



### INGREDIENTS (to serve 4)

#### **For the lamb & gravy:**

4 lamb shanks, approx. 400g (14 oz) each on the bone  
1 bottle red wine (75 cl)  
1 pint water  
6 sprigs rosemary  
3 cloves garlic, peeled and sliced  
2 lamb stock cubes  
salt and pepper  
1 small jar redcurrant jelly  
2 bay leaves  
1 onion, peeled & sliced  
1 carrot, peeled and sliced  
3 sticks celery, washed & chopped

#### **For the mash:**

1 Kg/ 2 lbs peeled, rough chopped old potatoes such as Maris Pipers or King Edwards  
Water to cover  
Salt  
50g (2 oz) butter  
3 heaped tablespoons wholegrain mustard

**Method:****Easy spring lamb shanks (cont)**

Pre-heat the oven to 150°C, gas mark 2

Rinse the lamb shanks and place them in a casserole with a tight fitting lid. Put all the other lamb ingredients in the casserole except the salt and pepper and 4 of the rosemary sprigs. Start the casserole on the hob on a high heat with the lid off. When the liquid comes to the boil, place the lid on and transfer to the oven. Casserole for 2 hours or until the lamb is very tender. During the cooking process, turn the shanks over in the casserole from time to time.

When the shanks are done, strain the liquid into a clean pan, discard the vegetables and keep the shanks warm.

Put the potatoes on to boil in salted water. Whilst they are cooking skim the sauce of any fat and boil rapidly to reduce. It will start to thicken as it boils down. Season the sauce with salt and pepper to taste.

Drain and mash the potatoes with the butter and mustard. If the mash is too wet, dry it out by mashing over a low heat. Taste and adjust seasoning.

Replace the lamb shanks in the sauce to reheat. Serve the mash into deep bowls. Carefully place the shanks on the mash. Glaze with the redcurrant gravy. Garnish with a sprig of rosemary in the top of the bone.

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